



# ANNUNCIATION CATHEDRAL HERALD



245 VALENCIA STREET, SAN FRANCISCO, CA 94103 • 415 864-8000 • FAX 415 431-5860 • E-MAIL [office@annunciation.org](mailto:office@annunciation.org)

MARCH 2010

## MARCH 25 & PASCHA:

## TWO FEASTS OF FREEDOM

This year, the Feast of the Annunciation and Pascha fall within a few days of one another. The first (the Annunciation) marks the announcement of the incarnation of the Son of God. The second (Pascha) marks His resurrection from death. Both feasts signify man's liberation from sin and from death. The Annunciation will be celebrated with Great Vespers on Wednesday, March 24, beginning at 7 p.m., and with Orthros and the Divine Liturgy on Thursday, March 25, at 9 a.m. and 10:15 a.m., respectively. A service of doxology will follow the Divine Liturgy, marking both the Feast Day and Greek Independence, which was proclaimed on March 25, 1821. Pascha will be preceded by Palm Sunday, March 28, again with Orthros and the Divine Liturgy, and Holy Week services the evening of Palm Sunday, Holy Monday, Holy Tuesday, Holy Wednesday, the Great and Holy Friday, Holy Saturday and, of course, the Resurrection service, beginning at midnight on April 3, concluding with Agape Vespers on Easter Sunday.

The icons depicted above show, on the one hand, the Archangel Gabriel announcing the Good News to the Theotokos and ever-virgin Mary, and the angel announcing to the women Myrrh-bearers "He is risen; he is not here... Go tell the disciples..." Notice that the figures in the icons are positioned against a background of gold, signifying the realm of the Divine, for these are not merely historical events (they occur not merely in space-time), they are aspects of God's salvation plan that "all may be saved and come to the knowledge of Truth," as Saint Paul reminds us in his letter to Timothy (1 Timothy 2:4). In fact, Saint Paul exhorts us to prayer..."Therefore, I exhort first of all that supplications, prayers, intercessions, and giving of thanks be made for all men, for kings and all who are in authority, that we may lead a quiet and peaceable life in all godliness and reverence. For," as he says, "this is good and acceptable in the sight of God our Savior." (1 Timothy 2:1-3).

This is why we invite you to worship, particularly on these days, and to give glory to God for liberating us from the tyranny of sin and of death. The Cathedral extends to all its prayerful best wishes to all for a blessed Pascha.





## NEW CATHEDRAL COST ESTIMATE COMES IN, FEASIBILITY STUDY TO BE CONDUCTED

As promised, Nibbi Brothers, engaged by the Cathedral for pre-construction services, has provided the Cathedral with cost estimates for building the project known as "Phase II," which is the construction of the new Cathedral with two levels of underground parking. The 44-page report consists of line item projected expenses, from the number of tons of concrete required to the courtyard tiles. The report is in the process of being analyzed by the Parish Council. Meanwhile, the Parish Council has authorized a feasibility study to determine the level of support for the project. The study will be conducted by Stewardship Advocates, headed by **Father Anthony Scott** who, as noted in our February *Herald*, helped raise some \$18 million for St. Vladimir's Seminary and who has conducted a number of feasibility studies in a number of Greek Orthodox parishes, assisting many of them with their capital campaigns. A progress report will be made at the Parish Assembly, which will take place following the Divine Liturgy on Sunday, April 18.

## GENERAL ASSEMBLY APRIL 18

Members of the Cathedral, who are in good standing, are invited to participate in the Cathedral's first Parish Assembly for 2010. The Assembly will be convened following the Divine Liturgy, and will take place in the Kytherian Room (the smaller room adjacent the gym). The Assembly is scheduled to last about an hour. The agenda for the meeting is as follows:

### Opening Prayer

1. Election of Assembly Chair
  2. Secretary's Report: Minutes of October 18, 2009
  3. Treasurer's Report
  4. Stewardship Report
  5. Youth Report
  6. Parish Committees/Parish Life Report
  7. Metropolis Clergy-Laity Report (Convened at St. Nicholas Ranch February 8-9, 2010)
  8. Report of Board of Auditors
  9. Phase II
    - a. Architectural Plans and Cost Estimate
    - b. Feasibility Study
  10. Election of Nominating Committee for Parish Council Elections (Elections to be held Sunday, December 12, 2010)
  11. Election of Board of Auditors
  12. Election of representatives to Archdiocese Clergy-Laity (To be convened in Atlanta, Georgia July 4-9, 2010)
  13. Old Business
  14. New Business
- Closing Prayer

Please note: "members" of the Cathedral are those who are contributing stewards of the parish, and who are current with respect to their financial support of the parish. "In good standing" means adherence to the tenets of the Orthodox Faith. Both are defined more fully in the Regulations of the Greek Orthodox Archdiocese of America (2005), Article 18, pages 33-34.

A quorum for the purposes of enacting business is either 12 members of the Parish Council, 12 other parishioners in good standing, and the Dean of the Cathedral or, if there are fewer than 12 members of the Parish Council present, a total of 75 parishioners, plus the Dean of the Cathedral.

## LENTEN SERIES/SEMINAR FOR SENIORS

In its effort to reach out to the community and offer a number of meaningful educational and spiritual programs, the Cathedral is planning a Lenten series, as well as a seminar for seniors. The particulars of the Lenten series will be posted at the *pangari*, while the seminar for seniors will focus on three timely topics: 1. The Law and the Elderly: know your rights 2. Estate planning: wills or trust? and 3. How to care for your property in Greece: new provisions in Greek law affecting property owned by those living abroad. Currently, we are looking at a March 14 date for the seminar. The seminar will take place during the coffee hours, following the Divine Liturgy. If there is sufficient interest, follow-up seminars on related topics may also take place in the evening or at other times convenient to the presenters and the participants.



# 2010 PARISH/PARISH LIFE COMMITTEES

We are please to announce that the following committees have been established by the Parish Council as a way of involving parishioners in the life of the parish, in addition to worship and other parish activities. The committees are: 1. Stewardship, 2. Pangari/Decorum, 3. Capital Campaign/Finance, 4. Hall Management, 5. Human Resources/Personnel, 6. Maintenance and Grounds, 7. Social Events, 8. Youth, 9. Outreach, and 10. Festival. A Parish Council member will serve as liaison to the aforementioned com-

mittees. However, each committee will elect its own chairperson and delineate the scope of its work. To date, a number of individuals have signed up to serve on one or more of these committees. The committees meet in the evening, on Sundays or during the day, weekdays, depending upon the schedules of the respective committee members. Needless to say, being involved in the life of the Parish makes for a strong parish. We invite everyone to be involved. If you are interested in serving your church in this way, you are invited to speak with **Father Stephen** or **Tom Nuris**.

## WOULD YOU LIKE TO SERVE AT THE PANGARI?

Every time we come to church and are greeted at the *pangari* (that's the entry vestibule), we feel a warm welcome being extended to us. What a wonderful feeling! How would you like to serve as one of those greeters? If you do, please see **Jim Dariotes**, chairman of the Pangari Committee. Meanwhile, Parish Council members have been assigned to one of three Pangari teams; join them as they extend greetings, provide candles, and pass the collection plates. The three teams are as follows: Team #1: **Pat Aleck, Nick Rally, George Ambus, and James Dariotes**. Team #2: **John Coundouris, Peter Manetas, Nick Svetcoff, and James Dariotes**, Team #3: **Christopher Kyriacou, Justin Kyriacou, Niko Stathopoulos, and James Dariotes**.

Additional people will be required for special Holy Day services, as Pascha and Christmas. Meanwhile, the Sunday schedule for the remainder of 2010 is as follows:

MARCH	MAY	JULY	SEPTEMBER	NOVEMBER
7 Team #1	2 Team #3	4 Team #3	5 Team #3	7 Team #3
14 Team #2	9 Team #1	11 Team #1	12 Team #1	14 Team #1
21 Team #3	16 Team #2	18 Team #2	19 Team #2	21 Team #2
28 Team #1	23 Team #3	25 Team #3	26 Team #3	28 Team #3
	30 Team #1			
APRIL	JUNE	AUGUST	OCTOBER	DECEMBER
4 Team #2		1 Team #1	3 Team #1	5 Team #1
11 Team #3	6 Team #2	8 Team #2	10 Team #2	12 Team #2
18 Team #1	13 Team #3	15 Team #3	17 Team #3	19 Team #3
25 Team #2	20 Team #1	22 Team #1	24 Team #1	26 Team #1
	27 Team #2	29 Team #2	31 Team #2	

## NEXT COMMUNITY LINK MARCH 20

Please join us for our upcoming Community Link on Saturday, March 20. We meet at the Cathedral at 9am for prayer and visit assignments, followed by visits (usually in pairs), concluding by Noon.

Our visitations to home-bound parishioners are very special to us and to those we visit. They bring joy to our seniors who are experiencing isolation from their community due to illness, loss or hardship. Community Link is an excellent way for all of us -- children, adults and families -- to engage with one another and to share the message of

God's love. If you know someone who would like a visit, or to RSVP, please email me.

Community Link dates for the remainder of 2010, in addition to March 20: April 17, May 15, June 19, July 17, August 21, September 18, October 16, November 20, December 18. All dates are Saturdays.

Peace and blessings, Caroline

(415) 699-5633 or cpappajohn@yahoo.com.



## THE CATHEDRAL IS SEEKING A THIRD FULL- SERVICE CATERER

The Cathedral is pleased to announce that, as part of the overhaul of its hall rental program, McCall Associates and Alpha Catering have agreed to provide their catering services for your baptism, wedding, or anniversary reception. McCalls Associates (415 552-8550), you may recall, provided the catering for the Cathedral's gala celebration of its 85<sup>th</sup> anniversary, held in the rotunda of San Francisco's City Hall in November of 2006. Alpha Catering (510 538-1410) provided the food at the recent *Apokreatiko Glendi* sponsored by the Navarino Messinian Society. In order to offer another choice, the Cathedral will welcome a third caterer. However, applicants must be able to provide, in addition to food, waiter staff, linen, table setting, dish washing and clean up, as well as liability insurance coverage. Those interested are invited to call the Cathedral at 415 864-8000, or forward a letter of intent to the Cathedral's Hall Management Committee at 245 Valencia Street, San Francisco, CA 94103.

## PHILOPTOCHOS NEWS

### PHILOPTOCHOS RAISES OVER \$15,000 FROM CRAB FEED

Certainly, the Crab Feed is the largest fund raising event conducted by the Cathedral Ladies Philoptochos. This year, with some 530 people present, over \$15,000 was raised (net) for its various ministries and philanthropic projects. Congratulations, and thank you to all who worked to put on this amazingly successful event, and to all who came as guests.

### PHILOPTOCHOS BUSY WITH MARCH 25<sup>th</sup>, EASTER BAKE

The Cathedral Ladies Philoptochos will be holding a general meeting on Thursday, March 11. The meeting will take place in the second floor conference room, at 1 p.m. All Philoptochos members are cordially invited to attend and to help plan the Mother's Day Luncheon and Fashion Show, which will take place on May 8, as well as a number of other events. Meanwhile, the Philoptochos will host the Annunciation Feast Day luncheon on Thursday, March 25 (the Cathedral will be celebrating its Name Day), as well as the coffee hour following Vespers the evening before. It is also busy with its annual Easter bake. Fliers with Easter bake information have been sent to all parishioners and friends of the Cathedral as part of the Cathedral's special Easter mailing.

To re-cap, the Philoptochos will be baking *Tsourekia* or Easter breads, which are available at \$12 each, *Koulourakia* or holiday cookies, which are available at \$7 per dozen, and red colored Easter eggs, which are available at \$5 per dozen. Orders must be placed by Sunday, March 28. Items will be ready to be picked up on Holy and Great Friday, April 2, 10 a.m. until 3 p.m. and Holy Saturday, April 3, 10 a.m. until noon. To order, please complete the flier or call the Cathedral at 415 864-8000.





## FOCUS ON YOUTH

**Sunday school** is back! After two months without a newsletter in the *Herald*, I'm happy to be writing to report its return. The schedule for the current term is now available in the classrooms and in the fliers by the Pangari.

**The season of Holy Lent** has begun. Holy Pascha this year falls on April 4. The stories of the last weeks of Jesus' life, his Crucifixion and Resurrection will of course be the focus of the programs for the younger grades. T.G.I.F information flyers and forms allowing Sunday school students to miss school on Good Friday will be sent home. This is always a fun event for the kids!

The upper grades will continue to discuss Christianity and how the ancient teachings of Christ can influence and guide our daily lives.

**Preparation** for the Oratorical Festival will begin soon. Topics and presentation information will follow.

**Recycle your holiday cards.** Our students regularly make greeting cards for the people that Annunciation's Community Link program members visit. Greeting cards can be very beautiful. **Mary Tonas** suggests that we recycle greeting cards we have received – for Birthdays, Christmas, Easter, etc – the Sunday school kids can “remake” them into cards for people who could use cheering up. Bring them into the classrooms – we'll recycle them with love!

**Attendance:** We look forward to seeing your children no matter what grade they are in. We have a full staff of teachers who want to contribute to their religious education. A shame but our classes are not always well attended. Everyone understands it's a busy world and that even the most important things can sometimes be set aside. But let's not allow our kids to grow up without the solid grounding of a religious education. We need to encourage them from the youngest age to develop a meaningful context for understanding the meaning of our Feasts and Holidays. Enough said! See you on Sunday, Sunday school begins at 10:30am!

**Paula Kitses**, Assistant Principal

## ANNUNCIATION'S CATHEDRAL TO OFFER SIX SCHOLARSHIPS THIS YEAR

With the cost of education escalating, the Cathedral is pleased to be able to offer some assistance to its youth. This year, six (6) scholarships will be offered, each for \$1,000: the Anthony P. Bagatelos Medical Scholarship, the Lee Vavuris Legal Scholarship, the John N. Pappas Scholarship, Two Philoptochos Scholarships and the Argyres Scholarship. High school graduates and those already attending college are invited to apply for one of the scholarships. Application forms may be obtained by calling the Cathedral at 415 864-8000. The deadline for submitting applications is May 25. Scholarship certificates will be awarded at the Graduation Day ceremonies and luncheon on Sunday, June 6, which is also the last day of the Cathedral's Sunday School, prior to the summer break.

## Sacraments & Services

### BAPTISM

**Maura Eleni**, daughter of **John Kornak** and **Carolyn Julia Maloney**, was baptized at the Cathedral on February 6. Her sponsor is **Steven Kosta Kornak**

*Na mas Zisi!* (Long life!)

### FUNERAL

**George Phillip Vigren**, who fell asleep in the Lord on February 9, was buried February 18. He is survived by a nephew, **Pablo Vigren** and by his conservator, **Debra J. Dolch**.

*Aionia I Mnimi!* (Memory eternal!)



# MARCH CALENDAR

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2	3	4	5	6
		Dance/Basketball Practice 6:30p.m.-8:30 p.m.	Basketball Practice, 6:30 p.m.-8:30 p.m.	Basketball Practice, 6:30 p.m.-9:30 p.m.	Third Salutations, 7 p.m.	
7	8	9	10	11	12	13
Orthros 9 a.m., Divine Liturgy 10:30 a.m. Class on Orthodoxy 9 a.m. Dance practice 12-1 p.m.		Dance/Basketball Practice 6:30p.m.-8:30 p.m.	Basketball Practice, 6:30 p.m.-8:30 p.m.	Philoptochos, 1 p.m. Basketball Practice, 6:30 p.m.-9:30 p.m.	Fourth Salutations, 7 p.m.	
14	15	16	17	18	19	20
Orthros 9 a.m., Divine Liturgy 10:30 a.m. Class on Orthodoxy 9 a.m. Dance practice 12-1 p.m.		Dance/Basketball Practice 6:30p.m.-8:30 p.m.	Basketball Practice, 6:30 p.m.-8:30 p.m. Parish Council, 7:30 p.m.	Basketball Practice, 6:30 p.m.-9:30 p.m.	Akathyst, 7 p.m.	
21	22	23	24	25	26	27
Orthros 9 a.m., Divine Liturgy 10:30 a.m. Class on Orthodoxy 9 a.m. Dance practice 12-1 p.m.		Dance/Basketball Practice 6:30p.m.-8:30 p.m.	Annunciation Vespers, 7 p.m.	Feast of the Annunciation: Orthros 9 a.m., Divine Liturgy 10:15 a.m. Basketball Practice, 6:30 p.m.-9:30 p.m.		Saturday of Lazarus, Divine Liturgy 10 a.m.
28	29	30	31			
Palm Sunday: Orthros 9 a.m., Divine Liturgy 10:30 a.m. Nymphios, 7 p.m. Class on Orthodoxy 9 a.m. Dance practice 12-1 p.m.	Holy Monday, Nymphios, 7 p.m.	Holy Tuesday, Nymphios, 7 p.m.	Holy Wednesday, Holy Unction, 7 p.m.			

Do not refuse a request to pray for the soul of another, even when you yourself lack the gift of prayer. For often the very faith of the person making the request will evoke the saving contrition of the one who is to offer the prayer.

Saint John Climacus  
Sixth Century, Mount Sinai





## Ο ΕΥΑΓΓΕΛΙΣΜΟΣ ΚΑΙ ΤΟ ΠΑΣΧΑ

Και ο Ευαγγελισμός της Θεοτόκου και το Πάσχα σημειώνουν στιγμές ανθρώπινης ελευθερίας, η μεν πρώτη διότι, όπως τονίζει το απολυτίκιον της εορτής, "σήμερον της σωτηρίας ημών το κεφάλαιον;" η δε δεύτερη διότι "ιδού γαρ ήλθε δια του Σταυρού χαρά εν όλω τω κόσμω..Σταυρόν γαρ υπομείνας δι'ημάς, θανάτω θάνατον ώλεσεν." Επίσης με την ευκαιρία της εορτής του Ευαγγελισμού της Θεοτόκου δοξάζουμε τον Θεό για την απελευθέρωση της Ελλάδας, χώρας στην οποία πρώτα πήγε ο Απόστολος Παύλος και κύρηξε την Ανάσταση του Χριστού. Καλείσθε όπως εκκλησιασθείτε αυτές τις άγιες ημέρες, έτσι ούτως ώστε μαζί να πορευθούμε προς την άνω Ιερουσαλήμ, με αποτέλεσμα την σωτηρία των ψυχών ημών.

## ΔΡΑΣΗ ΦΙΛΟΠΤΩΧΟΥ ΑΔΕΛΦΟΤΗΤΑΣ

Η Φιλόπτωχος Αδελφότης του Καθεδρικού ευχαριστεί όλους όσους εβοήθησαν η παρακάθησαν στον πρόσφατο δείπνο της (με φαγητό το περίφημο καβούρι). Τα καθαρά κέρδη ανήρθαν στα 15.000 δολλ., τα οποία θα ενισχύσουν το φιλανθρωπικό έργο της Φιλοπτώχου.

Καλούνται τα μέλη όπως λάβουν μέρος εις την συνεδρίαση της Φιλοπτώχου Αδελφότητας, που θα λάβει χώρα την Πέμπτη 11 Μαρτίου και ώρα 1 μ.μ. Επίσης καλούνται όλοι όπως παρακαθήσουν στο γεύμα που προσφέρει η Φιλόπτωχος ανήμερα της Εορτής του Ευαγγελισμού της Θεοτόκου (Πέμπτη, 25 Μαρτίου), αμέσως μετά τη Θ. Λειτουργία. Τέλος, η Φιλόπτωχος θα ετοιμάσει πασχαλινά τσουρέκια, κουλουράκια και κόκκινα αυγα, τα οποία δύνασθε να αγοράσετε (συμπληρώστε το ειδικό έντυπο που ευρίσκεται σε άλλο μέρος του παρόντος δελτίου).

## ΓΕΝΙΚΗ ΣΥΝΕΛΕΥΣΗ

### ΣΤΙΣ 18 ΑΠΡΙΛΙΟΥ

Καλούνται τα μέλη του Καθεδρικού Ναού όπως παρευρεθούν και λάβουν μέρος εις την πρώτη συνέλευση των μελών την Κυριακή 18 Απριλίου μετά από τη Θεία Λειτουργία. Τα θέματα συζητήσεως, αφού πρώτα γίνει προσευχή και εκλεγεί ο πρόεδρος της συνελεύσεως είναι·

--Τα πρακτικά της Γενικής Συνελεύσεως της 18ης Οκτωβρίου, 2009

--Οικονομικός υπολογισμός ταμίου

--Αναφορά επιτροπής stewardship

--Αναφορά επιτροπής νεολαίας

--Αναφορές διαφόρων επιτροπών κοινοτικής ζωής και δράσης

--Κληρικο-λαϊκής Συνελεύσεως της Μητροπόλεως (8-9 Φεβρουαρίου)

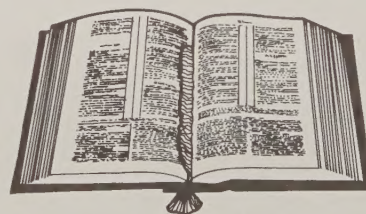
--Αναφορά εξελεγκτικής επιτροπής

--Δευτέρα φάση οικοδομής

--Εκλογή ονομαστικής επιτροπής (κοινοτικές εκλογές 12 Δεκεμβρίου)

--Εκλογή εκπροσώπων εις την Κληρικο-λαϊκή συνέλευση της Αρχιεπισκοπής (Ατλάντα, 4-9 Ιουλίου)

--Παλαιά θέματα, νέα θέματα, και προσευχή



Breakfast is one of the most neglected meals, yet it is important because it takes place at the beginning of the day. During those hours the family often seems to be simply running a relay race, to get everyone ready in time for work or school. Nonetheless, apart from morning prayer, which goes without saying, it would benefit children to begin the day with even five minutes' experience of their mother's and father's concern, love, and interest in what everyone is going to do that day. When a child leaves for school the mother can bless him, or pray: "God bless" or "the Mother of God be with you." All this does not only further psychological security; it is a safeguard against any negative influences the child may meet, and it is a link between the two worlds of home and school.

Sister Magdalen  
Children in the Orthodox Church Today



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Why is the Lord's presence promised to two or three? Because there, where two or three are gathered in the name of Christ, is the Church, the union of faith and love; there is mutual love.

*Saint John of Kronstadt  
Nineteenth Century,  
Russia*

